

Case Study Assessment Form

iUSP169 – Applying the principles of nutrition to a physical activity programme

Three case studies to be completed for a period of 4 weeks

To be completed by the lecturer and verified by the external examiner. Please attach a copy of this sheet to the front of each learner's completed treatment evidence form.

Learner name: _____

Learner number: _____

Centre name: _____

Date: _____

	Please tick box:	Yes	No
Knowledge of basic nutrients and their sources			
Relationship between nutrition and physical activity			
Consultation: <ul style="list-style-type: none"> • Personal details 			
Client profile, including: <ul style="list-style-type: none"> • Health • Occupation • Physical activity • Stress levels 			
Client's current diet and eating habits, including: <ul style="list-style-type: none"> • Principles of nutritional goal setting • Analysis of client's diet 			
Full diet plan, including: <ul style="list-style-type: none"> • Rationale for the plan • Feedback to show evidence of the progression of weight management over a four week period: <ul style="list-style-type: none"> - Week 1 - Week 2 - Week 3 - Week 4 			
Overall conclusion, including: <ul style="list-style-type: none"> • Nutritional advice • Reflective practice 			

Please note; each box must be ticked 'Yes' in order to gain a pass grade. If any area is answered 'No' the treatment evidence will be referred until the omitted section is completed.

External examiner name: _____

External examiner signature: _____ Date: _____

Lecturer/Assessor name: _____

Lecturer/Assessor signature: _____ Date: _____

Learner name: _____

Learner signature: _____ Date: _____

Internal examiner name: _____

Internal examiner signature: _____ Date: _____

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualification Administrator